



Healthier Kansas Breakfasts – 4-WEEK CYCLE BREAKFAST MENU



PLEASE NOTE: Milk choice includes a choice of non-fat or 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 Aloha Muffin Square Whole Grain Cereal Grapes Milk Choice	Star Spangled Pancakes Sausage Links Fruit Juice Choice Milk Choice	Whole Wheat Bagel with Toppings Fresh Orange Milk Choice	Breakfast Pita with Tomato Salsa Hash Brown Potatoes Kiwi Milk Choice	Breakfast Lasagna Fruit Cocktail Milk Choice
WEEK 2 Cereal Bar String Cheese Fresh Citrus Fruit Cup Milk Choice	Baked French Toast Strips with Syrup Strawberries & Bananas Milk Choice	Western Omelet Quesadilla with Tomato Salsa Potato Rounds Fresh Pear Milk Choice	Scrumptious Coffeecake Sunrise Smoothie Graham Crackers Milk Choice	Biscuit and Gravy Apricots Fruit Juice Choice Milk Choice
WEEK 3 Oatmeal Breakfast Round Banana Milk Choice	Whole Grain Waffles with Syrup Sausage Links Mandarin Oranges Milk Choice	Breakfast Sundae Raisins Fruit Juice Choice Milk Choice	Whole Grain Cheese Pizza Fresh Mixed Fruit Cup Milk Choice	Breakfast Bake with Tomato Salsa Whole Wheat Toast Grapes Milk Choice
WEEK 4 Pumpkin Chocolate Chip Muffin Whole Grain Cereal Fresh Orange Milk Choice	Pancake on a Stick with Syrup Tri-Tater Fruit Juice Choice Milk Choice	Quick Blueberry Bubble Bread Sliced Peaches Milk Choice	Biscuit Breakfast Sandwich Rosy Applesauce Milk Choice	Excellent Egg Taco with Tomato Salsa Yogurt Cup Pineapple Chunks Milk Choice